

# HEALTH

Health is defined as “the art and science of preventing disease, prolonging life, and promoting health through the organized efforts of society” (Acheson, 1988; WHO).

Courses and degrees in the Health category are intended to teach students how to maintain health, improve health, and prevent the deterioration of health. Health courses and degrees focus on the entire spectrum of health not just the eradication of diseases. This includes an emphasis on the social, physical, emotional, spiritual, mental, and occupational aspects. Courses and degrees also cover targeted populations including public health services, and individual services such as vaccinations, behavioral counseling, and health advice. Physical Education is required for the Associate Degree and Health courses fulfill this requirement.

See the Nutrition and Dietetics, AS-T (p. ) degree - The food we eat has a significant impact on our health, according to a number of scientific studies. Changes in diet can help prevent or control many health problems, including obesity, diabetes, and certain risk factors for cancer and heart disease. Dietetics is the science of how food and nutrition affect human health.

See the Public Health Science, AS-T (p. ) degree - The field of public health plays a crucial role in the promotion of health, prevention and treatment of disease, and education of individuals to learn about managing illness and disabilities. Every scientific finding, awareness campaign, and new policy has the potential to positively impact the lives of millions of people around the world.

As part of the Kinesiology department, you may also be interested in the Kinesiology, AA-T (<https://catalog.vvc.edu/degrees-certificates/kinesiology/#KINT-AA>) degree, the Dance, AA (<https://catalog.vvc.edu/degrees-certificates/kinesiology-dance/#DANCE-AA>) degree, the Fundamental Dance Teacher (<https://catalog.vvc.edu/degrees-certificates/kinesiology-dance/#FUNDANTEA-CERT>) certificate, or the Athletic Training (<https://catalog.vvc.edu/degrees-certificates/kinesiology/#certificatetext>) certificates.

## Faculty

Blanchard, Debra

White, Christa, Emeritus

## Programs of Study

- Community Health Worker Certificate of Completion (<https://catalog.vvc.edu/degrees-certificates/health/community-health-worker-ccn/>)
- Community Mental Health Certificate of Completion (<https://catalog.vvc.edu/degrees-certificates/health/community-mental-health-ccn/>)
- Nutrition and Dietetics, AS-T (<https://catalog.vvc.edu/degrees-certificates/health/nutrition-dietetics-ast/>)
- Public Health Science, AS-T (<https://catalog.vvc.edu/degrees-certificates/health/public-health-science-ast/>)

## Program Learning Outcomes

Program Learning Outcomes (PLOs) are statements of the kind of learning a program hopes a student will achieve. The PLOs describe the

knowledge, skills, problem-solving, communication and values that apply to all certificates and/or degrees within that program.

Upon completion of this program, students should be able to:

- Recognize fundamental concepts of physical activity, nutrition, and health, and apply critical thinking to solve problems from the student's personal perspective and a public perspective.
- Critically evaluate forms of information related to Kinesiology and physical education, the student's personal health and public health, including nutrition.
- Demonstrate social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active and a healthy lifestyle.
- Integrate concepts of self-care to build resiliency.
- Develop a program that will promote student mental health, connect students to mental health services, or reduce stigma associated with help-seeking behavior.

## Health Courses

### HLTH 101 Introduction to Public Health (3.0 Units)

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

### HLTH 102 Contemporary Problems in Personal And½community Health (3.0 Units)

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety. Grade Option.

Recommended Preparation: ENGL 101.0

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

### HLTH 102H Honors Contemporary Problems in Personal½and Community Health (3.0 Units)

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

**HLTH 0105 Community Mental Health Preparation I 1½community Health (0.0 Units)**

This noncredit course is an introduction and the first of two classes in a year-long program to a behavioral health care model and for the completion of a Community Mental Health Certificate of Completion. Will explore the range of community-based services. The course explores such topics as wellness, recovery, resiliency, and careers in mental health. Students will plan a service-learning project that will be completed in the second semester, HLTH 0106, to benefit an identified affinity group on campus. Not applicable to an associate degree.

Lecture Hours: 9.0

Transfer: Not transferable

**HLTH 0106 Community Mental Health Preparation II 1½community Health (0.0 Units)**

This noncredit course is the second in a year-long program to the behavioral health care model and for the Community Mental Health Certificate of Completion. The course explores such topics as wellness, recovery, resiliency, and careers in mental health. Students will complete a service-learning project that will benefit an identified affinity group on campus. Not applicable to associate degree.

Lecture Hours: 9.0

Transfer: Not transferable

**HLTH 0108 Community Health Worker I (0.0 Units)**

Community Health Worker I is the first 36 hours of the 72 hours program. Community health workers are lay members of communities who work in association with local healthcare systems, academic institutions, health departments, and community-based organizations. They typically share the ethnicity, language, socioeconomic status, and life experiences of the community members they serve. Their primary function is to serve as liaisons between the community and the health care system and/or resources within the community.

Lecture Hours: 40.5

Transfer: Not transferable

**HLTH 0109 Community Health Worker II (0.0 Units)**

Community Health Worker II is the second 36 hours of the 72 hours program. Community health workers are lay members of communities who work in association with local healthcare systems, academic institutions, health departments, and community-based organizations. They typically share the ethnicity, language, socioeconomic status, and life experiences of the community members they serve. Their primary function is to serve as liaisons between the community and the health care system and/or resources within the community.

Lecture Hours: 40.5

Transfer: Not transferable

**HLTH 202 Nutrition for Fitness (3.0 Units)**

Nutrition is an integral part of fitness. Explore the affects of proteins, fats, carbohydrates, water, minerals and vitamins on fitness and health. Grade option.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

**HLTH 203 Women's Health Issues (3.0 Units)**

This course analyzes the biological, psychological, and sociocultural aspects of women's health, and explores health services, health education, and healthcare delivery systems. Social determinants of health and health inequities are examined, as well as contemporary issues including sexual and gender roles, racial inequities, age issues, and the role of women in the family, workforce, community, and society.

Lecture Hours: 54.0

Transfer: Transfers to CSU only

**HLTH 204 Health and Social Justice (3.0 Units)**

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, racism, and gender shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

**HLTH 205 Drugs, Health and Society (3.0 Units)**

Examination of the use, misuse, and abuse of drugs, both licit and illicit, in American society and the effects of selected substances on the human brain. Includes historical, political, social, economic, and health-related aspects; drug dependency, treatment, rehabilitation, and prevention education. Focuses on the impact of psychoactive drugs on the individual and society, and its relevance to personal and public health.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU